

# Winter/Spring 2018 Program Guide

## Thomas G Crowder Woodland Center

Open Daily 8am - 6pm Nov. - Feb.

Visit <https://reclink.raleighnc.gov> or Thomas G Crowder Woodland Center to register for programs

### Chair Zumba

It is an energizing, seated Zumba that utilizes cardio and strength based exercise for persons who have limited mobility, are recovering from injuries, or who always enjoyed Zumba music, but need more support in order to fully participate. The benefits include improved posture, endurance, balance, flexibility, and cognitive awareness. Instructor: Janet Wise-Thomas.

*Mondays, 1/22-3/12, 10:30-11:30am*  
#215275

*Thursdays 1/18-3/8, 10:30-11:30am*  
#215277

*Mondays, 4/9-5/21, 10:30-11:30am*  
#215276

*Thursdays 4/12-5/31, 10:30-11:30am*  
#215278

\$40 (Resident)/ \$55 (Non-Resident)



### Release Through Rolling & Restorative Yoga

Are you feeling depleted of energy and feeling tight and tense in your body? Perhaps you are experiencing a lot of stress in your life and would love to take a relaxing vacation but no time or money to invest in out of town travel? Spend 3 hours on yourself and join in on this unique 'mind body balance' workshop. You will be introduced to several methods of self care including soft foam rolling to gently release body tension, various meditation techniques to center your mind, and end with restorative yoga using blankets and bolsters to experience deep relaxation. This workshop will be held by Jenny Turnage, Yoga Instructor, Personal Trainer, and Fitness Nutrition Specialist.

*Saturday, January 13, 2-4:15pm*  
#217393

*Saturday, February 17, 9:30am-12:30pm*  
#217394

\$30 (Residents)/ \$45 (Non-residents)



### Therapeutic Renewal Yoga

Stretch. Breathe. Release tension. Thought you couldn't do yoga? This class can benefit those who are new to yoga or are looking for a safe, gentle, accessible way to explore yoga poses, breathing techniques, and relaxation practices. Instructor: TJ Martin.

*Tuesdays, 1/2-2/20, 9:30-11am* #214232  
*Tuesdays, 3/6-4/24, 9:30-11am* #214233

\$80 (Resident)/ \$95 (Non-Resident)

### Tai Chi

Tai Chi is a low impact slow-motion exercise consisting of flowing moves to balance and circulate energy (chi). Participants of all levels experience benefits such as decreased stress and anxiety, improved balance and increased muscle flexibility. Instructor: Adrienne McKenzie.

*Wednesdays, 1/3-1/24, 10-11am* #214777

*Wednesdays, 2/7-2/28, 10-11am* #214778

*Wednesdays, 3/14-4/4, 10-11am* #214779

*Wednesdays, 4/18-5/9, 10-11am* #214780

\$40 (Residents)/ \$55 (Non-residents)



### Chair Yoga

The purpose of this class is to increase our ability to enjoy life. This class includes stretches to increase range of motion, balancing poses to strengthen muscles that support joints and breath awareness to promote a calm mind and body. Although this is a chair yoga class, we use the wall to support every pose so its safe and accessible. The dynamic format of the class will increase fitness and be challenging but at a level appropriate for folks ages 50+. Instructor: Tina Stephens.

*Tuesdays, 1/9-2/21, 6-7pm* #214759  
*Tuesdays, 2/27-4/3, 6-7pm* #214760

\$50 (Residents)/ \$65 (Non-Residents)



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### Beginners Yoga

This class is great for beginners and those seeking to learn how to unwind the body and mind after a long day. During this class you will build internal heat and focus, strength and flexibility. We will start with conscious breathing and gentle stretches, progressing to more active, fluid styles of yoga. Class will also incorporate standing postures and balance work. Modifications for some poses will be offered so you can choose to work at the level that is appropriate for you. Instructor: Jenny Turnage.

Mondays, 1/8-2/12, 6:30-8pm #215267

\$65 (Resident)/ \$80 (Non-resident)



### Reduce, Reuse, Recycle

In the age of designed obsolescence, knowing how, when, and where to reduce consumption, reuse items as well as recycle materials is more important than ever. Learn how to reduce, reuse, and recycle. This is a great way to help you, your community, and the environment by saving money, energy, and natural resources.

Sunday, 4/22, 10-11:30am #214761

This program is for ages 18+ and costs \$15. Advanced registration is required.

### Lunchtime Pilates

Would you like to stand taller, stronger, more poised and confident? Come join us on your lunch hour for 45 minutes of breath and movement to stretch and strengthen the abs, back, hips and shoulders. Pilates will help lengthen and tone your whole body while minimizing stress and relaxing the body. Instructor: Alicia Hedges.

Fridays, 1/5-1/26, 12-12:45pm #215580

Fridays, 2/9-3/2, 12-12:45pm #215581

Fridays, 3/16-4/6, 12-12:45pm #215582

Fridays, 4/20-5/11, 12-12:45pm #215583

\$40 (Resident)/ \$55 (Non-Resident)

### Yoga All Levels

During this class you will build internal heat and focus, strength and flexibility. Class will start with conscious breathing and gentle stretches, progressing to more active, fluid styles of yoga. Class will incorporate standing postures and balance work. Expect to be challenged but leave feeling refreshed, relaxed, and centered. Modifications for some poses will be offered so you can choose to work at the level appropriate for you. Instructor: Jenny Turnage.

Thursdays, 1/4-2/8, 6:30-7:30pm  
#215269

Thursdays, 2/22-3/29, 6:30-7:30pm  
#215270

Thursdays, 4/12-5/17, 6:30-7:30pm  
#215271

\$55 (Residents)/ \$70 (Non-Residents)



### Zumba Challenge

A cardio-dance fitness class using the zesty and exhilarating international music of Zumba. The participants will be able to participate in a party-like atmosphere incorporating easy-to-follow moves. The music is energizing and uplifting so everyone is having a fun rather than feeling like they are just working out. The benefits include muscle strength, endurance, flexibility, and improved posture. This class is designed for participants at all levels of fitness who are comfortable in standing. Instructor: Janet Wise-Thomas.

Wednesdays, 1/10-2/14, 6:30-7:30pm #215280

Wednesdays, 2/28-4/4, 6:30-7:30pm #215281

Wednesdays, 4/12-5/23, 6:30-7:30pm #215282

\$50 (Residents)/ \$65 (Non-Residents)



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### Birding - Early Bird Birding Walk

This one is for beginning birders and well-practiced watchers alike. Join us as we take a morning trek around the lake to find our avian friends. We'll focus on both songbirds and waterfowl. No prior bird identification knowledge necessary.

Saturday, February 17, 8-10am #214172

Sunday, April 1, 8-10am #214175

This program is for ages 14 and up. Each session costs \$4.

### Tree-mendous Trees

Come join us for this tree-mendous program where you will get to learn all about trees. We will learn what makes a tree so unique, how we use them in our everyday lives, and even how to identify some of our common trees that can be found in your backyard!

Sunday, April 29, 10am-12pm #214174

This program is for ages 4 and up, children under 16 must be registered with an adult. This program costs \$4.

### Environmental Lecture Series

Join us at the Thomas G Crowder Woodland Center for an exciting environmental lecture series! Each month we will have a new speaker presenting on topics that they know best. We'll have a mix of both graduate students and professionals. Call 919-996-3141 to find out more about our topics and speakers!

Monday, January 8, 6-7pm #214166

Monday, February 5, 6-7pm #214169

Monday, March 5, 7-8pm #214168

Monday, April 9, 7-8pm #214167

This program is for ages 16 and up. Each session is free to attend.



### Social Hike

Join us on the beautiful trails of Lake Johnson Park. Our social hikes are all about making new friends and enjoying nature. A knowledgeable nature instructor will accompany you on each walk to discuss anything interesting you might find along the trail. The social hikes will be held on our unpaved, mulch trails that may not be suitable for strollers.

Saturday, January 6, 10-11:30am #214273

Saturday, February 3, 10-11:30am #214446

Saturday, March 3, 10-11:30am #214447

Saturday, April 7, 10-11:30am #214449

This program is for ages 18 and up. Each session costs \$2.



### Nocturnal Nature

Ever wonder what happens in the park at night? Come join us for this full moon trek to unveil the nocturnal wildlife of Lake Johnson Park. We will call for owls and nightjars, look for evidence of mammals and identify singing amphibians.

Saturday, March 31, 7:30-9pm #214179

Sunday, April 29, 8-9:30pm #214180

This program is for ages 6 and up, children under 16 must be registered with an adult. This program costs \$3.



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### Pint-Sized Planters

What do plants need to survive? Why are plants important? In this springtime program we will explore the needs of plants, make our very own seed starters, and become little scientists as we take a closer look for pollinators.

Friday, March 30th, 10-11:30am #214176

This program is for all ages and costs \$3.



### Kritter Kids

Hop, skip, and slither your way to Lake Johnson Park! Together we will learn all about the wondrous plants and wildlife that we find right here in our park. We will play hands-on games, complete a take home craft, and perhaps even see one of our wild friends close up!

Thursday, January 11, 2-3pm, Ducks & Geese	#214159
Thursday, January 25, 2-3pm, Vertebrates	#214158
Thursday, February 8, 2-3pm, Spiders	#214160
Thursday, February 22, 2-3pm, Adaptations	#214161
Thursday, March 8, 2-3pm, Decomposers	#214162
Thursday, March 22, 2-3pm, Camouflage	#214163
Thursday, April 5, 2-3pm, Seeds	#214164
Thursday, April 19, 2-3pm Lizards	#214165

This program is for ages 3-6 and costs \$2.

### Wildlife Camera 101

Take your best shot! This program introduces the use of wildlife cameras for viewing animals in their natural environment. In this two-session course, you will get tips on use and etiquette, location identification and setting up a camera trap. The course will start indoors and then move outdoors to set up cameras in the park. In the second session we will retrieve the cameras to see what we have captured. Dress for the weather in comfortable clothing and closed-toe shoes that can get messy.

Saturday, March 17 & 24, 10am-12pm #214170

Sunday, April 8 & 15, 1:30-3:30pm #214171

This program is for ages 12 and up, participants under 16 must be registered with an adult. This program costs \$15/person.



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